

Growing Older Gracefully & Better in:

Knowledge

Appreciation

Skills

Wisdom

Understanding

Humility = teachableness

Love

Sweetness

Helpfulness

Service

Myths as old as Methuselah

Agism: It starts in the Bible, shows up in Shakespeare, and lurks in innocent nursery rhymes. "And," complains David Steinberg, "it didn't help when the Beatles came up with 'Will you still feed me when I'm 64?'"

But all that agism is grist for Steinberg's mill. He's the author of a regular column, "Seniorities," in the *San Francisco Examiner*. "I started the column back in 1980," he says, "because I was annoyed by the negative myths I found in almost every story I read about older people." Steinberg also teaches the most popular class in San Francisco State University's Applied Gerontology Certificate Program. His "Debunking myths about aging in America" draws students who range in age from 20 to 70.

"When 65 was made the age of entitlement it also became



TIM DAVIS

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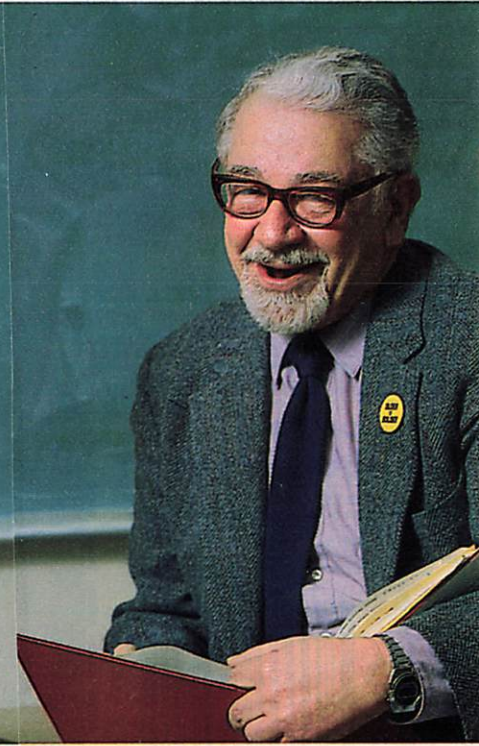
the age of statutory senility," says Steinberg, shown here with Anabel Pelham, director of the program. "But the Elderhostel program proves that people do not cease to learn as they age."

Physically, too, says Steinberg, older people are tough.

"Look at the Pope, at President Reagan; both have made remarkable recoveries from attempts on their lives."

Postmenopausal women are victims of nasty myths, he says. "There's the notion that they lack sexual desire or desirability."

Not so the ladies in Steinberg's class. While younger women complain of PMS (premenstrual syndrome), their more mature classmates brag of PMZ (postmenopausal zest)!



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Staying well

In Adding Years to Our Lives,
Let us Not Forget
To Add ^{Zest} Life to Our Years
!!!

2511 and of 2463 Philip A in
1997 to 2001
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2463 and of 2463

Play a Musical

Instrument

or

Listen to

Good Music

Every Day !

Have a Pet

Show a Pet



Persians are some of the prettiest cats of all but require hours of grooming to look right for a show. Hi-Lite, who has copper eyes, is owned by Promontory Cat Club member Jim Fleming, who operates Fanfur Cattery.



Dr. Bob Maddock shows off his prize Havana Brown, Classy Lady. The cat, along with many other felines (both fancy and household pets) will be in the spotlight at the Promontory Point Cat club show at the Salt Palace.

A show that will leave you kitten-smitten

2-24-87

Listen to Good
Positive Action
Tapes

Dance if you Can
or

Jig or Jog if you Can't

Find out How you can
Serve each Other
or
Someone else